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The Portal

BALMORAL HALL SCHOOL
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Founded in 1901

Balmoral Hall, a leading contemporary all-girls school, is committed to a tradition of academic excellence. We educate, encourage and empower our girls and young women to achieve their personal best.

The Portal, a publication of Balmoral Hall School's Advancement Office, is distributed to over 4,000 members of the BH Family — parents, alumnae, grandparents, staff, parents of alumnae, former staff and friends of the School.

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AWARDS DINNER

RECOGNIZING THE RT. HON. BEVERLEY MCLACHLIN, P.C. CHIEF JUSTICE OF CANADA

TUESDAY, MAY 24, 2005

Tickets: $175.00 per person
or Table of 10 for $1500.00
Special rate for alumnae enrolled in post-secondary studies

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Reserve your tickets by calling
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at (204) 784-1614

Head of School Message

Building the Future, Today

Claire Sumerlus, Head of School

For the past several months, a committee of parents, students, staff and alumnae has been hard at work on the BH 2005–2009 Strategic Plan called, "Building the Future, Today". I would like to outline for you how our new Strategic Plan will benefit students and the entire BH community.

As a starting point, we have evolved our Mission Statement to read as follows: **Balmoral Hall School, a university preparatory school, educates, encourages, and empowers young women who excel academically, possess a passion for learning, set high standards for personal achievement and will be self-confident leaders of tomorrow.**

A recent survey that many parents completed in December 2004, found there was strong support for this evolution to better portray the attributes of a BH education.

Balmoral Hall School is a world-renowned girls learning community that provides a quality rigorous academic experience within the finest educational facility in Canada.

Balmoral Hall School leads:

- by promoting the growth of self-confidence and leadership through opportunities for girls and young women in an enriched curriculum integrating academics, technological advances, the arts, athletics, and the promotion of healthy lifestyles.
- in educational design focused on quality, student centered instruction as demonstrated in the Balmoral Hall School MERIT Portfolio.

The BH Family is dedicated to creating a stronger Endowment that ensures an exemplary program and that all girls and young women can be part of this exceptional educational experience.

Social responsibility and global awareness are essential characteristics for leadership and are integral components of the BH Educational Experience.
We believe the vision of BH as a world-renowned learning community for girls is achievable and I look forward to sharing with you over the coming months how we are setting in place the framework to achieve the vision. Our focus on academic rigour in a caring, nurturing environment is already paying dividends—as you saw in the recent Balmoral Hall Annual Review (BHAR). Our academic performance has made dramatic strides towards ensuring our graduates leave BH with the foundation they need for future success.

The Balmoral Hall MERIT Portfolio Program

- **Academics Education**
- **The Arts and Technology**
- **Athletics and Healthy Lifestyles**
- **Personal Management and Leadership Skills**
- **Social Responsibility and Global Awareness**
- **Co-curricular Participation**
- **Vision of the Ideal BH Graduate**

Parents of BH students will be familiar with the MERIT Portfolio Program, a unique program at BH that was created to recognize the knowledge, skills and attitudes of our students in the areas that constitute a well-rounded education. We will continue to build on the model of the MERIT Portfolio across the School.

Values

Students will excel through an educational system characterized by:

- a shared vision for students' learning
- a solid educational foundation based on research of best practices of teaching and learning
- compassion and integrity
- guiding principles that reflect best practices for effective school planning
- a rigorous curriculum personalized to meet individual needs and aspirations
- innovative approaches of inquiry and critical thinking
- innovation through technology
- the distinctiveness of an all girls education
- distinguished international academic programs
- courage to meet every new challenge with the traditions that define our community

Underpinning all the work in the Strategic Plan is a set of shared values. These are values that link across the entire BH community and I believe are effective in reminding us of the value of a well-rounded education for our students.

Attitudes

Balmoral Hall School utilizes the Primary Years International Baccalaureate Program "attitudes" as the foundation for developing positive attitudes towards people, the environment and learning:

- **Appreciation**
- **Commitment**
- **Independence**
- **Integrity**
- **Respect**
- **Tolerance**

We are extremely proud of the manner in which we have been able to implement the attitudes espoused in the International Baccalaureate (IB) program across the School. This is one of the ways we are meeting our goal of utilizing the best practices in education, specifically girls education, from across the globe.

Critical Success Factors

Our ability to meet the goals and objectives of the Strategic Plan is based on successfully meeting three Critical Factors—The Pursuit of Excellence; Building Our Community and Sustainability and Renewal. I would like to outline in general terms what these Factors are, and how they will be reflected in the actions we take over the next four years.

Critical Success Factor #1

The Pursuit of Excellence—A High Quality Teaching and Learning Experience

Fundamental to our success is the Pursuit of Excellence—for our students as well as our teaching staff. Parents and alumnae also play a key role in the learning experiences of our students.

1.1 Establishment of a rigourous academic program characterized by a coherent educational philosophy, curriculum and assessment practices (Nursery–Senior 4).

Our focus on academic rigour begins in our Nursery program and continues through to our graduates from Senior 4. By building on the knowledge gained in previous grades, we will ensure the seamless transition of students through the three schools. Our approach to curriculum at BH can be best described as Manitoba curriculum PLUS—while meeting the basic educational requirements of the Province of Manitoba, we ensure our students are challenged by including additional, more rigorous curriculum elements that reflect the best global practices in girls learning.

1.2 The identification of expectations for students that meet or exceed national or international standards that ensures high quality student achievement in all areas.

We believe it is imperative to measure our performance against indicators of success including university admissions, scholarships and post-secondary achievement. For example, we obtain the transcripts of our graduates during their post secondary education to determine how their BH education has prepared them for the rigours of their education and life experiences beyond BH. Our continued focus on developing critical thinking skills across all subject areas is one very important way we are preparing our graduates to meet the challenges they will face in their careers.

1.3 The Provision of a learner centered and nurturing learning environment.

At BH, we are focused on meeting the individual needs of our students as learners—by developing the strengths and talents of the individual, and in further developing the process of learning by building on the foundation provided by research in all-girls education.

1.4 The ongoing recruitment and professional development of excellent teaching, administrative and support staff.
With our now competitive salary scale, we are able to attract well-trained "Master Teachers". Our increased focus on Advanced Placement in Senior School has provided the opportunity for our faculty to increase their own knowledge of their subject areas, while also developing the teaching strategies required to meet the AP program requirements. We look forward to celebrating with you our continued successes in this area.

1.5 To provide an outstanding Arts (Visual & Performance) program ensuring a balanced educational experience.
In the new Strategic Plan, we will ensure we have in place the appropriate infrastructure to meet our objective of providing a well-rounded education to our students. In concert with the facility improvements, the curriculum and programs we implement will expose our students from Nursery to Senior 4 to a wide range of experiences in voice, drama and visual arts.

1.6 To provide an outstanding Athletics Program ensuring a balanced educational experience.
As with our Arts program initiative, a strong Athletics program requires the appropriate infrastructure to ensure we are meeting our commitment to help the BH Family adopt healthier lifestyles. While we will be maintaining and strengthening our commitment to Volleyball, Basketball, Ice Hockey and Soccer, we will also be encouraging all students to become involved in a school or extra-curricular athletic activity.

Critical Success Factor #2

Building our Community
The BH Family remains a vibrant, supportive part of the educational experience for our students. We believe building our community is key to the success of BH in the coming years.

2.1 The School has established and maintains an outstanding reputation in the local, national and international community.
When we think of the BH community, we usually focus on our students, staff, alumnae and parents. Over the next four years, we want to ensure the broader community in Winnipeg, in Canada and around the world recognizes the outstanding achievements that occur at BH. My position as President of the Canadian Association of Independent Schools (CAIS) provides me with the national linkages to share the BH story as an example of the attributes of an independent school education. Increasingly, we receive calls from corporations and academic institutions to inform us of new employees who are seeking a BH education for their daughters. Internationally, our strong reputation is supported by the doubling of the number of boarding students attending BH.

2.2 The creation and implementation of an admissions and recruitment plan that ensures full enrollment of a diverse population of mission appropriate students.
In the recent survey, parents told us class size is very important, as was maintaining our all-girls environment. We believe there is an optimal balance between retaining the families who have chosen BH for their daughter's education, while ensuring there are opportunities for others to experience a BH education. It is no secret that we are seeking students who can meet the high standards set forth in our mission statement and our retention and recruiting plans will continue to reflect this mission.

2.3 The establishment of an endowment fund to ensure the availability of adequate resources for bursaries, scholarships, and enriched program delivery.
An increased endowment fund will allow BH to seek out and implement cutting edge programming and

educational experiences for our students across the six areas identified in the MERIT Portfolio. It will also allow us to ensure that no qualified student is unable to attend BH for financial reasons.

2.4 The maintenance of a safe, open and inclusive school culture that embraces families, faculty, staff and alumnae.
We are looking forward over the next four years to including the BH Family in many events both during school and outside school hours. From partnerships with our Parent Association, to cross cultural events during the school day, the active involvement of the BH Family is a cherished part of the BH experience. It is also a reality in today's world that we need to remain vigilant and ensure that all our school policies undergo the appropriate risk management assessment and that where necessary, we update our policies to ensure a safe, yet open and inclusive school environment.

2.5 Effective communication to ensure that the School remains responsive to changing School needs.
The next four years at BH will see a continuation and strengthening of our 'customer service' focus. From surveys, to meetings, to informal chats, your input is critical to our success. During my tenure as Head of School, I have advocated an open door policy for you to bring me your concerns, comments and suggestions. I am also committed to ensuring accountability and clear and appropriate actions in response to your feedback. Effective communication requires continual effort and the BH team is ready and able to meet this very important goal.

Critical Success Factor #3

Sustainability and Renewal
The third, but no less important, Critical Success Factor for BH over the next four years is sustaining and renewing our programs and infrastructure. The BH experience occurs in a unique blend of beautiful historic infrastructure with cutting edge technology, and traditions within brand new facilities. Our continual challenge is to ensure we are meeting the educational needs of our current students, while preparing the way for their younger sisters who will follow them to BH.

3.1 The optimal use of current facilities and grounds.
We believe our facility can and should operate 12 hours per day for 12 months of the year. In the coming months, we will be developing a plan that will see increased use of our facility to generate revenue without impacting the education of our students. Already, we are turning down requests from community partners looking to use our gym and other facilities.

3.2 The ongoing commitment to ensure top quality resources and learning environment throughout the School.
Our commitment to leading edge, appropriate technology remains in place. As you know, maintaining technology can become overwhelming without a strong and focused plan for implementation. Our technology plan ensures we are providing the best technology to enhance the learning experience of your daughter. We are also committed to ensuring our library, sports and other programs have the appropriate support with staff, material and facilities to meet our goals. And finally, we will be developing a school-wide "Green Plan" so that we can maximize the efficient use of heating and electrical resources.

At BH: We Believe, We Achieve, We Succeed!

For more than 100 years, BH has been a leader in the education of girls and young women. While we are proud of the many traditions that make BH such a special place, we will continue to remain leaders by embracing and successfully incorporating the best practices from around the world in the education of girls and young women. The changes you have seen at BH over the past several years have been the direct result of hard work by the school community and I look forward to sharing our accomplishments in the months and years to come.

We Believe in the power and potential of our Vision

We Achieve by successfully completing our Mission

We Succeed when our graduates meet and exceed their professional and personal goals.

3.3 The development and implementation of a long-range master campus plan.
It seems that each time one embarks upon the development of a Strategic Plan, the time comes to look beyond it to the next period of time. Our Master Campus Plan is being developed to ensure we are prepared to meet the needs of BH beyond the four year cycle described in this current Plan.

3.4 To expand and diversify sources of revenue and provide necessary funds for the maintenance and growth of the School.
In the coming months, we will continue to outline our plans for both the Annual Fund as well as Major Gift initiatives that will meet specific needs outlined in the Strategic Plan. We are also vigorously exploring alternative sources of revenue including grants, service contracts and international business partnerships.

3.5 The School has an effective business plan in place.
Finally, for BH to be successful from year to year, we are ensuring an effective business plan is in place. This will provide us with the appropriate controls on expenditures, staffing levels and tuition, as well as ensure we have the appropriate operating budget in place to meet the commitments we are making to you and your daughters.

Tales of a BH Debater

Jaime Rosin '05

When I began my final year as a high school debater, I was expecting a few local tournaments, maybe a little trip somewhere along the line. What I got instead was a whirlwind adventure that took me across the country, and will soon take me across the globe. So far it has been an unforgettable experience that allowed me to meet people from all over the world.

During the month of October I saw more of hotel rooms and billet's houses than I did of my own home. A mere two days after returning from a volleyball trip in Vancouver, Navdeep Bhullar '05, Kiran Dhillon '06, our coach Mr. Warriner, and myself boarded a plane bound for St. Catherine's, Ontario, home of Ridley College and the International Independent Schools Public Speaking Competition. By the time it was all over, I wound up 12th overall and snagged myself a spot on the Canadian contingent that will be attending the World Public Speaking Championships in Cyprus this March.

We returned home tired but happy, certain that nothing could top our experience at Ridley. However, we soon learned that there is no rest for the weary. Several days later, Navdeep and I joined team Manitoba at the National Debate Championships in St. John's Newfoundland, an event which we had qualified for the month prior. What followed was a weekend of intense debating, but also a lot of fun.

(l-r) Jaime Rosin '05, Navdeep Bhullar '05, Kiran Dhillon '05 with their debating coach, Jock Warriner.

We returned exhausted, claiming that we would never debate again, but that sentiment only lasted about a day. The Rupert's Land Tournament was next on the schedule, the yearly tournament hosted by Balmoral Hall School and the qualifier for the National Championships that qualify for the Worlds.

The whole BH community came out to help with this event, including student volunteers as speakers and timers, tab room volunteers, as well as alumnae, parent and staff judges. As I had already qualified for the Worlds, I worked in the tab room counting scores and cheering on my fellow BH debaters. The tournament was a smashing success, thanks to everyone's hard work. BH placed as the 2nd school overall and our very own Navdeep qualified for the National Championships which was held at SJR the last weekend in January.

I don't doubt that these have and will be some of the greatest experiences of my life and have greatly prepared me for the World's in March. I cannot say that I am not nervous about competing at such a high level, but I know that with the friends I have met who will be joining me there, and the confidence in my abilities, I will have the time of my life!

Debating in Middle School

Susan Sammons,
Middle School Teacher

Debating is a happening event in Middle School at BH, especially in Grade 6 where many girls are really excited about honing their public speaking skills. Several students have worked with Ms McComb in the Grade 5 Debating Club already so they are up and running before they arrive in Middle School.

By attending our Debating Club and in their debating classes, they are learning to define resolutions, prepare arguments, gather supportive research and practice delivering their debate. They like working with partners and really enjoy learning how to call points of order, privilege and information. It is impressive to hear their decisive, clear voices as they launch into, "Madam Speaker, my worthy opponent's point is ridiculous! We the government, have proved beyond a shadow of a doubt that"... and so on.

Debating offers so many benefits beyond teamwork, academic challenge and oral proficiency. Our students become confident and eager public speakers who enjoy the thrill of debating ideas and analyzing arguments. Above all, we have lots of fun!!

Excellent Senior Student Showing at the Public Speaking Nationals

Navdeep Bhullar '05

In January, Navdeep Bhullar '05 competed at the CanWest National Public Speaking Championships in Winnipeg. Top debaters from across the country fought for honours in four different categories: Persuasive Speaking, Impromptu Speaking, Debating, an Interpretive Reading. Navdeep, after two days of heated competition, was selected as a finalist in the interpretive reading category. Most impressive, however, was her 9th place finish overall. Ninth place against the best speakers from across Canada is a remarkable accomplishment. Congratulations.

Volleyball Season in Review

Mandy Green, Athletics Department Head

This year, the Developmental and Competitive Volleyball Team members, (Grade 7 & 8), each experienced major growth and development not only as players, but as teammates. Throughout the season, each girl found something new and special that she could do as a player. The team savoured the wins and took the losses in stride. They evaluated the problems and decided on strategies to make changes. The players displayed great confidence by the end of the season, thus creating much satisfaction for everyone involved!

The Junior Varsity team, (Grade 9 & 10), for the second year in a row, won the Zone 12 Championship banner putting them into the MHSAA (Manitoba High School Athletic Association) provincials. The provincials are a highly competitive tournament putting the top eight teams in the province up against each other. The Balmoral Hall Blazers finished provincials in third place on the B side.

The Varsity team, (Grade 11 & 12), had a very good year playing in many tournaments which took them from Vancouver, B.C. to Virden, MB as well as many home tournaments. Although the girls did not make it to the zone finals, the year was filled with great learning and lasting memories.

BH receives Platinum Award

Top left, clockwise: Simone Kennedy, Melissa Russell, Elizabeth White, Mollie Quinton, Madeleine Arbuckle, and Colleen Furlan proudly display the well deserved banner.

She Shoots...She Scores!

The first ever BH Blazers Hockey Team

Balmoral Hall School now has a HOCKEY TEAM! The players have been working very hard and have shown much enthusiasm about this new sport at BH. Even though they were a little nervous at their first game, they looked fast and confident while on the ice!

The Blazers Hockey Team has a great coaching staff. Math Teacher, Mr. Bob Keating is joined by his daughter Andrea, Kim Houde, and Lauren MacMillan. All three women played on the University of Manitoba Bison Team and have their coaching Level 1. A special BH welcome to Ashleigh Sprange '01 who is the team's Athletic Trainer.

In the fall of 2005, the Blazers will enter the B League of High School Hockey, and if all goes well, they will move up to the A league the following year.

Team Members:
Jenna Brown
Rachel Cosman
Erin Danylchuk
Jessyca Georgison
Lisa Gregory
Robin Jacuzzi
Teresa Kennedy
Stephanie Lawson
Jessica Michalski
Claudia Müller-Moran
Christine Nolting
Holly Penman
Jill Penman
Karlen Prendiville
Brittany Siemens
Natasha Zloty

Ashleigh Sprange '01
Athletic Trainer for the
BH Blazers Hockey Team.

Critical Thinking Challenge Fair

Ms Borodkin's Grade 3 Class presents their Critical Challenge: Explain the story behind the 12 letters in the book, "The Gardener".

Mrs. Briggs' Kindergarten class, holds their clipboards and pencils, ready to investigate: The best way to use paper more responsibly in the classroom.

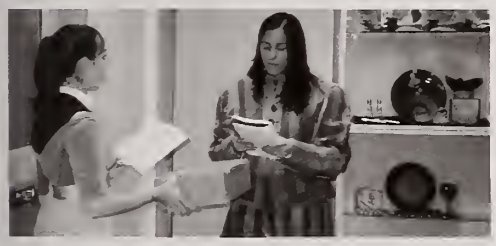
Balmoral Hall School completed its first Critical Thinking Challenge Fair on November 18, 2004. This wonderful event brought together students, parents and staff from Nursery to Senior 4 for an evening of learning and fun. Students showed their parents how to use critical thinking skills to make reasoned judgments in the different subject areas.

For example, Junior Kindergarten looked at the topic of bears and had to decide if they would make good pets. The students researched bears and decided together what criteria they would use to judge the suitability of bears as pets. They considered size and friendliness. The students stood up confidently and were very convincing in their arguments that bears would not make good pets.

In all of the classrooms, students were demonstrating to their parents how to answer challenging questions. These included which piece of music best described the Northern Lights (grade 3), using your knowledge of area, perimeter and circumference to find the perimeters and area of irregular figures (Grade 7) and how do you identify the genetic characteristics through the characteristics of children (Senior 4 Biology).

Parents were then asked to complete a complementary critical challenge of their own. They were immediately engrossed in their challenge working cooperatively with their children. It was evident that these types of discussions promoted thoughtful questions, depth of understanding of the content and skills to make informed decisions—all elements of critical thinking. The event ended with the BH Family getting together in the gym for a holiday celebration.

Teachers prepared for this evening with a series of in-services with Roland Case, Catriona Misfeldt and Phil Balcaen from the Critical Thinking Consortium of British Columbia. With their expert guidance, teachers were trained in ***Critical Thinking—at the heart of inquiry***. The staff, students and parents know that this is just the beginning of our growth in the area of critical thinking. We look forward to the critical thinking challenges ahead as they become woven into the fabric of our teaching and learning at BH.



Senior 4 students rehearse and prepare to present their Critical Challenge: Is Hamlet a Wimp?

Senior 2's and 3's in Spanish class try to solve: Who is the Murderer?

Annual Fund Sees Incredible Success this Year!

Geneviève Delaquis,
Advancement Office

Under the leadership of our Board of Governors and Head of School, and with the commitment of our parents, alumnae and staff, the 2004–05 Annual Fund has raised over $116,000! (March 1, 2005)

Thank you to everyone who has made a donation to the campaign. The show of support from our entire community has been just tremendous!

Your Participation is Key

The Annual Fund target is to raise $150,000 by June 30, 2005—but more importantly, we would like as many people as possible showing their support of BH by making a gift.

Every gift makes a difference to the success of the School and sends a strong message to our community that you believe in this institution and its educational programs. Your participation ensures BH has access to funds annually that provide students with the extra resources they need to learn and grow.

How Much Should I Give?

Donations to the campaign have ranged from $25 to $15,000. We urge you to consider a donation that is meaningful to you. All donations will be recognized in the next Balmoral Hall Annual Review (BHAR), due out in the fall of 2005.

Together we can reach our goal of $150,000.

To make your tax-deductible gift, mail your cheque payable to Balmoral Hall School to 630 Westminster Avenue, Winnipeg, MB, R3C 3S1.

Secure online credit card donations can also be made on the School's website at www.balmoralhall.com

The Meliora Petens Legacy Society

Rather than writing a monthly or yearly cheque to the School, donors may wish to consider donating a life insurance policy taken out in their name. This enables donors of almost any means to make a rather large donation to Balmoral Hall and realize major tax benefits. This can be done with either an existing or a new life insurance policy. If you transfer ownership of a paid-up policy to the School, it is equivalent to an outright gift of cash and a tax receipt is issued for that value. The School then receives the life insurance proceeds upon the donor's passing.

If you take out a new policy and name Balmoral Hall as the beneficiary, you get an annual donation receipt equal to your premiums. When the policy is paid up, usually after a 10-year period, a named scholarship or bursary award is created. Donors like the designated duration to this program (5 years, 10 years) and feel good about being able to direct how the funds will be used.

The *Meliora Petens Legacy Society* recognizes donors who have included Balmoral Hall School in their estate planning and have notified the Advancement Office. If you have already done this, we would love to add your name to our list. If you would like more information regarding charitable gifting using life insurance, please contact Tina Alto, Director of Advancement at (204) 784-1614.

Young Alumnae may wish to consider a gift to the Annual Fund equal to their year of graduation. (i.e. $19.96 if you belong to the Class of 1996).

Current Parents may wish to consider a gift to the School equal to the number of years their daughter has been at BH (i.e. $100 for every year).

Grandparents may wish to consider a gift equal to the number of school days (i.e. $183 for the 183 days in the 2004-05 year).

Alumnae may wish to consider directing their annual gift to one of several Named Funds such as the Elsie M. Bartlett or Nellie Lucas Funds. The interest from these endowment funds will support our scholarship and financial aid program.

Annual Fund Makes an Immediate Impact in the Classrooms: **Our New "Extras for Excellence" Items**

For the first time this year, a list of items was printed in the Annual Fund brochure. When a donation is directed to one of these items, it is immediately purchased for the benefit of students. You can now direct your donation to Academics, Athletics, Maintenance, Music & Performing Arts, the Residence, Technology or the Visual Arts Program.

For information on how to purchase an item from the "Extras for Excellence" list, please contact the Advancement Office at (204) 784-1603 or view the brochure online at www.balmoralhall.com/annualfund.htm

Here are some examples of the wonderful things we have been able to do this year with donations directed to items on the "Extras for Excellence" list.

Middle & Senior School students worked with cutting edge wireless microphones during the January performances of "Hoopla". In partnership with the School, a parent donation allowed the purchase of a Sennheiser system which includes 18 wireless microphones.

Thank You Parent Volunteers!

The following parents joined our 2004–05 team of Annual Fund Grade Representatives and took on the task of speaking to other parents in their grade about the needs of the School. The success of this year's campaign is due in large part to the commitment of these parents. Thank you!

John & Joy Loewen, Junior Kindergarten
Howard Ferch, Junior Kindergarten
Brandee Froese, Grade 1
Charlotte Sytnyk, Grade 1
Chrystal Robert, Grade 2
Karyn Delichte Rogers, Grade 2
Veronica Beauchesne, Grade 2
Linda Cummings, Grade 3
Dave Penny, Grade 3
Bruce Harvey & Lee Almstrom, Grade 4
Doug Thomson, Grade 4
Rosana Leung Shing, Grade 4
Roy Sherbo, Grade 4
Shawna Cook, Grade 4
Tannis Leach, Grade 5
Yvette Milner, Grade 5
Gaelyn McGregor, Grade 6
Lynn Romeo, Grade 6
Dave Provinciano, Grade 6
Brian Danowski, Grade 7
John Webster, Grade 7
Beth Brunsdon-Clark, Grade 8
Jan Scott, Grade 8
Jan Morden, Senior 1
Antoinette Zloty, Senior 1
Brenda Zaporzan, Senior 1
Mitch Zajac, Senior 1
Verna Danylchuk, Senior 1
Bonnie Siemens, Senior 2
Keith Jordan, Senior 2
Betty DesJarlais, Senior 3

If you are interested in joining the 2005–06 team of Annual Fund Grade Reps and would like more information on what's involved, please call Geneviève Delaquis in the Advancement Office at (204) 784-1603 or email her at annualfund@balmoralhall.com

Junior Kindergarten students smile about the 100 new books purchased for their classroom with an Annual Fund donation!

Senior 1 students Robyn Zajac and Alex Campbell play with new floor hockey equipment in the Richardson Hall Athletic Centre.

The family of an artistic Grade 6 student directed their donation towards the Visual Arts Program and it was used to purchase 5 new easels. They are currently being used in the Atrium to display student art.

Boarding students enjoy a movie with popcorn prepared in a new microwave purchased with an Annual Fund donation.

Acclaimed Author/Illustrator Barbara Reid speaks at BH

(l-r) Barbara Reid displays her most recent books with Melanie Riggs '06 and Emily Warriner, School Librarian.

Recognized for her signature plasticine illustrations, Barbara Reid was welcomed to BH with our own impressive plasticine artwork created by Melanie Riggs, Senior Three. Melanie put many hours into her colourful well-executed picture, now on display in the Library. Both artists had a chance to discuss their mutual love of art before Barbara's two presentations.

At each session, Barbara explained through slides and samples of her art the process of illustrating a book from research and preliminary sketches to final finished piece—an undertaking that can take a year's steady work.

Over the last twenty years, Barbara has won numerous book awards. She was awarded the Governor-General's Book Award twice for *Have You Seen Birds?* and *The Party*. She has also won the Amelia-Frances Gibbon Award, the Ruth Schwartz Award, the Elizabeth Cleaver Award, and the list goes on.

"Combining writing and illustration is like swimming in the dark—it's a little frightening and a lot of fun. I can't imagine a better job."

Barbara's comment reflects her sense of humour and her dedication to her work. This Canadian mother of two sets the bar high and the message she includes with her autograph is a great goal for our girls... **"Aim High"**.

Guardian Angel Youth Awareness Forum

(l-r) Cathy Scott, Glenda Standevan, Jorie Janzen and Venessa Schreyer '93, each had a unique but important message to share.

First introduced in October 2003, the Guardian Angel Youth Awareness Forum partnered with **Girls for the Cure** Walk/Run, a Balmoral Hall School initiative, originally intended to heighten awareness of breast cancer and raise funds for research, treatment and patient care in Manitoba. With the expansion of The Guardian Angel Benefit Committee's mandate to include all women's cancers, the Angels continue to herald the message "Don't Be Afraid, Be Aware".

On October 6th, a dynamic group of four presenters spoke to the grades 6 – S4 students at BH. Panelist; Glenda Standevan, a cancer survivor and anti-smoking activist whose passionate message is "Stop what you can Prevent", comes from Chilliwack, British Columbia where she was voted 2003 Woman of the Year. Cathy Scott, Manitoba Fitness Leader of the Year 2002, herself a breast cancer survivor, has made fitness a lifestyle choice and continually motivates others to feel the same. Registered dieticians, Venessa Schreyer BH '93 and Jorie Janzen have considerable experience in speaking with younger audiences on body image and self-esteem. Customized for a teenage audience, their presentation was intended to promote healthy living with the message that you are never too young to practice good nutrition.

Brad, of the Kindness Crew and Kindergarten student Jacob McLay take part in a kindness demonstration.

Randomly Kind

Thanks to the sponsorship from Investors Group, the Kindness Crew joined staff and students in November to share a simple but important lesson: How to experience the joy of being kind. The Crew is made up of a group of professional speakers who specialize in injecting kindness and compassion into the education system. They shared stories and videos from their Extreme Kindness Tour, which saw the group distribute extreme kindness across Canada for over 109 days.

While speaking at BH, they emphasized the importance of being kind to ourselves, our peers, our teachers as well as our community. They demonstrated how we can all empower ourselves and others through simple, random acts of kindness. Overall it was a very empowering session which left everyone feeling compelled to share a hug with someone!

Girls for the Cure 2004 Walk/Run

Heather Welch, Coordinator of Student & Residence Activities

Balmoral Hall students and staff parade down the river bank during the 4th annual Girls for the Cure Walk/Run.

Senior students buddy up with the youngsters prior to the Walk/Run.

As the river walk dust settles and winter-like conditions prevail, it's fun to think about both the success of our fourth annual **Girls for the Cure Walk/Run** for breast cancer and the incredible good fortune we had with the weather on the afternoon of October 7th. What a great day! This event has become an enduring tradition at BH. Our students and staff look forward to it each and every year. This year, Balmoral Hall School raised over $17,500 for the battle against cancer. This brings our fundraising efforts, since the inaugural event to $75,500. Thank you to everyone who contributed by organizing or donating to this incredible day.

Our Walk/Run was combined again this year with the Youth Awareness Forum educating our girls on risks of smoking and the rewards of good nutrition and exercise. We are confident that we are preparing our girls for the future; a future that may one day be cancer free.

Dying to be Thin

Talia Joundi '09

We were honoured to have Sarah, a young woman of 25, come from the Manitoba Theatre for Young People with her amazing presentation about eating disorders entitled "Dying to be Thin". The stage set featured the bedroom of a typical teenager. Sarah's performance and her information was eye opening. While some of us squealed, groaned and shivered, Sarah was telling us the plain truth.

We learned a lot about anorexia and bulimia, the side effects of each disorder and the horror of binging. Sarah showed us the role of the media and magazines which gives us images of how we should all look. We heard the real thoughts and feelings of a teenage girl. Many of these ideas are the same ones that every one of us thinks of every day. Overcoming eating disorders is a huge battle which people must fight. We saw how much support people need to confront their own sense of themselves, and their own ideas about their image, in order to find out who they are, and what they are doing to themselves.

After watching her presentation, Sarah let us express our own ideas, and then asked for questions. She replied with lengthy answers. "Dying to be Thin" helped us grasp the fact that even though we are all different shapes and sizes, who cares? As the pamphlet states: "Different shapes are natural, different shapes are beautiful."

School Trips: Not Just About

Balmoral Hall School has several grade-specific trips that have been a tradition at BH for many years. These include **Camp Arnes** (just north of Winnipeg) for Grade 6, **YURT Camp** (near Minaki in Ontario) for Grade 7, and the **Renaissance Festival** (Minneapolis) for Grade 8. As well this year, the Senior One and Senior Two students went to **Ottawa**.

The experiences offered by these trips are not only educational, but many friendships are strengthened because of the elements of trust and cooperation that are emphasized on these memorable outings.

"Gettin' Out of Town"

The International Experiences of Living in Residence

A handful of residence students come together to share in their international friendship: (back row l-r) Beny Hernandez from Mexico, Ayaka Kosaka from Japan, Alina Sellig from Germany, Lena Franford from Israel, Cecilia Berlanga from Mexico, Liying Li from China (front row l-r) Landy Tang from China, Regina Sierra from Mexico, Regina Garcia Olvera from Mexico and Sola Han from Korea.

Regina Garcia '10

My experience in residence has been really nice so far. It's very cool because now we are like sisters. You spend most of your time with these new friends, talking, playing and singing. When you have a problem or you just don't feel good because you are homesick, you tell them how you feel and they comfort you and make you feel like you were home with your family and friends.

In residence you get to learn about many cultures and ways of living: Here I know people from countries that I didn't know before; for example I'd never met someone from Israel or Hong Kong. Now I have friends from all over the world. When you get to talk with them and to know them, you learn lots of things from their cultures and different ways of doing things, different thoughts and traditions.

Another really good thing that I like about living in residence is that you become more responsible and independent with no one reminding you what to do. You have to do your laundry, clean your room, make your bed, administrate your money and organize everything. I love being in Residence all by myself (but with my friends) because I get to know lots of people, and live incredible experiences.

The Symbolic Migration of a Butterfly

Grade 4 Students (back row l-r) Nicole Van Hove, Sandhini Lockman and Jillian Hedden (front row l-r) Katiana Mastin and Kady Evanyshyn proudly display their beautiful butterfly creations.

This year, students in Grade 4 are taking part in an international venture celebrating the migration of the monarch butterfly. As a part of their International Baccalaureate Primary Years Program unit entitled Habitat Connection, students looked at what butterflies need to survive and why they migrate 4,828 kilometers to Mexico. They also recreated a symbolic journey that will correspond with the real monarchs' journey south.

Our students created beautiful, larger-than-life butterflies that were mailed in November to students in Mexico. They arrived south just in time for Dia de los Muertos just as the real monarchs do. According to a Mexican legend, these returning butterflies are thought to carry the ancestors' souls and return them to this celebratory event. The Mexican students greeted the butterflies and will watch over them until the spring when the journey will be reversed. When they return, each butterfly will carry a special message in English from the Mexican students, as each butterfly going south had a message is Spanish for a student in Mexico.

This project would not have been possible had Balmoral Hall School's residence students from Mexico not helped to translate words and phrases that were written on each butterfly before travelling south. Some examples were: "Mi nombre es..." (My name is...), and "Gracias por cuidar a las mariposas monarcas este invierno, de parte de sus vecinos del norte. (Thank you for taking care of the monarchs this winter, from your northern neighbours).

The connection that BH encourages through our Mentor Program and within our School's international community parallels the relationship that this project has fostered between Canada and Mexico.

Community Day of Giving

Heather Welch, Coordinator of Student & Residence Activities.

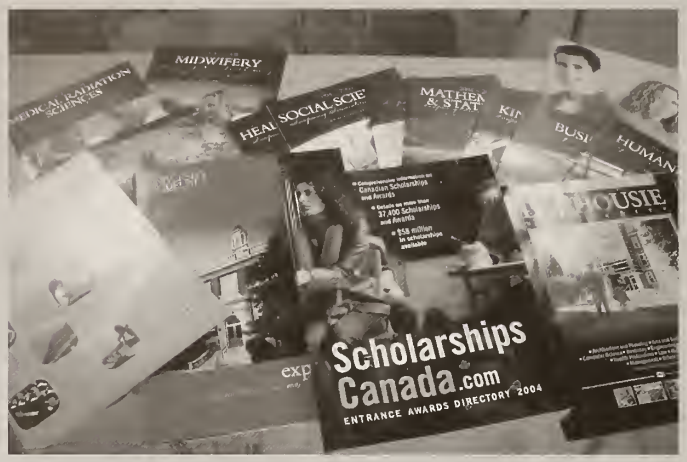
Our 11th annual Day of Giving was a delightful way to spend our last school day of 2004. It is a good reminder to all of us of how important it is to volunteer and that the efforts of any one individual can make a difference.

Together, students and staff gave of their time and talents to the community. Many of our Senior School students were out in the community for the day assisting a number of Charities. Students were wrapping gifts for the Health Sciences Centre, the Variety Club and the Winnipeg Boys and Girls Clubs, rolling pennies for the Pennies from Heaven Campaign, boxing food for Winnipeg Harvest, and delivering Christmas Hampers for the Christmas Cheer Board. We also had students at the Siloam Mission, Wolseley Family Place, Manitoba Theatre for Young People, and the Lion's Manor. Reports back to the School from all the various agencies were very complimentary. What a great group of girls!

Another group of 50 senior students spent the morning preparing for our Annual Christmas Party for students at a neighbouring school. The elementary students of Mulvey School joined our students for a delightful afternoon of new friendships, entertainment, crafts, and treats. This party has become an event both schools look forward to every year. Our guests were delighted this year with a gift of school supplies and gently used books to take home. It was also wonderful to be able to fill their Community Room with the generous bundle of mittens, hats, and outerwear that was collected in the weeks before this event. We filled a half-ton truck with the boxes! Thank you to all who supported this initiative. Please keep it in mind for next year as you are looking for ways to recycle gently used outerwear and boots.

Each of the Middle and Senior School grades also put together some very thoughtful and generous hampers for the Christmas Cheer Board. Thank you to everyone who donated to this project. Our students and staff who made deliveries that day saw first hand the need and appreciation for these hampers.

Graduating Class Prepares for the Future



The Senior Four (Grade 12) students have been very busy with their applications to universities. To date, our 32 students have completed 127 applications to universities across Canada, the United States and Europe. Twenty-seven students have received early acceptance letters, and six students have confirmed scholarships. Many students are eagerly awaiting word from Ontario universities, who send out their acceptance letters in March. Under the watchful eye of our University Advisor, Donna Alexander, students are also completing scholarship applications, portfolios, and essays required by their chosen universities.

Balmoral Hall School now offers Standard Aptitude Test (SAT) preparation classes for all Senior Students. These classes provide students a familiarity with SAT exam content including essay writing and comprehension, Math, and grammar and vocabulary. SAT preparation is invaluable to students who plan to study in the U.S. as the SAT results are used when applying to most American universities and colleges.

University Guidance Program Enhanced Due to Alumnae Responses

This past fall, the Alumnae Office conducted an online survey aimed at our most recent Alumnae. Not only did it assist our new University Guidance Program, it also increased the accuracy of our alumnae records. The response was overwhelming with over 120 alumnae completing the survey!

The Alumnae Office now has a record of the following universities having been attended by alumnae of the last 10 years.

Acadia University	6
University of British Columbia	14
University of Calgary	13
Carleton University	6
Duke University	1
Harvard University	1
University of Manitoba	128
McGill University	18
Oxford University	1
Princeton University	1
Queen's University	20
Ryerson College	4
Simon Fraser University	5
University of Toronto	13
University of Waterloo	5
University of Western Ontario	21
University of Winnipeg	68
York University	4

Our young Alumnae have completed or are currently completing the following degrees:

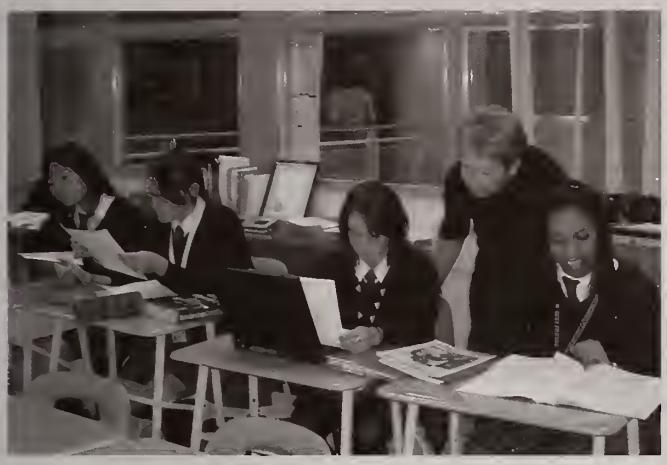
Arts	120
Commerce/Management	48
Computer Science (IT)	12
Education	8
Engineering	11
Fine Arts/Performing Arts/Fashion	22
Law	7
Masters	10
Ph.D.	3
Political Science	13
Physical Education/Physical Therapy	8
Sciences	101

Is your University counted? Add yourself to the list!

We would like to expand our university information base and invite all alumnae to take a few minutes and respond to the survey at **www.balmoralhall.com/university%20survey.htm**

This information will help BH build a strong University Guidance Program for our Senior School students.

Balmoral Hall School, Guiding the Future



Senior Four students, meeting with University Advisor, Donna Alexander.

The underlying philosophy of Balmoral Hall School's University Guidance Program is rooted in developmental advising. This process officially begins in Senior One (Grade 9) with a career course and culminates in Senior Four (Grade 12) with individual advising. The goal is to stimulate and support each student in their quest to develop an educational plan that fits their individual abilities, interests, personal circumstances and career goals.

In Senior One, students learn about the impact their choices have on their lifestyle. In Senior Two, students research university programs to determine how to judge universities and which universities best suit their situation and interests. In Senior Three, students and their families make individual appointments with the University Advisor and attend the University Information Evening in September, the University Fair in November and the University Open House in February. In Senior Four, students meet regularly with their Advisor to make university choices, fill in applications and identify suitable programs and scholarship opportunities. Throughout the school year, counselling is available regarding course offerings and the impact of choices, and is designed to situate girls in order that they make the most of the talents and opportunities they are given.

Throughout Balmoral Hall School, from Junior School to Senior School, the philosophy of "Believe, Achieve, Succeed" guides each student. Each girl has the opportunity to develop her abilities in all areas of the Balmoral Hall School M.E.R.I.T Portfolio Program: academics, arts and technology, physical education and healthy lifestyles, personal management and leadership, co-curricular participation and social responsibility and global awareness.

The sharing of the portfolio each spring provides each student with the opportunity to highlight their successes, reflect on their achievements and set strategies for reaching new goals. In addition, parents, community leaders and alumnae serve as role models for all Balmoral Hall School students. Through informal and formal events, they share their experiences with students and show us, "Yes, She Can." As a result of this comprehensive collection of resources, Balmoral Hall School graduates continue to excel in universities and in their chosen profession.

An Inside Look

Balmoral Hall's history spans over a century. In its lifetime, the School has graduated hundreds of young women who have gone on to make their mark on local and international fronts.

Four young Alumnae share with the Balmoral Hall School community where life has taken them and what they have been doing since graduation.

A Brief Interlude at Another Life

Sarah Coates '00 presenting at an Organization for Security and Economic Cooperation meeting.

It has almost been a decade since Sarajevo signed the US brokered Dayton Peace Accord that ended three years of protracted war. However, signs of life under war still show. Buildings are pock-marked with bullet spray, impressions on the sidewalk remain from mortar attacks, and most noticeable is the shell of the once grand National Library, which in August 1992 was targeted and burned by the siege forces. Over 90% of the library's two million holdings were lost, including original manuscripts and documents dating back centuries.

I have been told many times that Sarajevo is an island in the country. As the capital, it has attracted the domestic political and academic elite, not to mention the head offices for the panoply of NGOs operating in the country. Sarajevo is a city of approximately 400,000 people. I have been in Sarajevo since the end of August, 2004.

Foreign Affairs Canada organizes the Young Professional International Program, an endeavour which sends approximately 400 Canadians (90% overseas) to work with NGOs, foreign governments and professional associations with placings as diverse as Gambia, Bangladesh, Bosnia-Herzegovina and Austria. The program is a six month internship organized by a university, organization or professional association in Canada that aims to give recent university graduates (some with multiple degrees) international working experience in the area of their expected career path.

I am working with the IIZ-DVV, a German-funded adult education organization that works in upwards of 50 countries world-wide as the funding agent for local organizations and agencies targeting adult education under its widest definition. My work is rather corporate; thus far I have been contributing research reports, conference organizing and writing articles for local publications. Recently, I have started working with the Organization for Security and Economic Cooperation to develop the framework for an adult education law in the country.

I knew nothing about South East Europe aside from the smatterings we receive in the news and the occasional case study in school. In addition, I knew my French would be of very little help navigating the Slavic language of Bosnian (Serbo-Croatian). However, what we learned especially those first few weeks was how important it was to learn the basics (thank you, excuse me, please, etc) and to say those with a smile and hope to smooth over any un-pleasantries that may have occurred as a result of your ignorance.

Being alone in Sarajevo, I rely on the power of support from friends and family that are many thousands of kilometres away. Though separation is nothing new, given four years away at school, the time difference (5-9 hours across Canada) and the high cost of telephone calls increases the isolation. Truly, email has been a saving grace and the knowledge that there are many back home who are my cheerleading team, and who are envious and proud of my days and nights spent immersed in a place we once only saw through the television screen.

In a way, it's like I get to live twice. Knowing where I came from and knowing what I get to go back to, I also have this brief interlude at another life: a different language (which I'm picking up the basics with help from a course), a different lifestyle, a different history affecting the present, and an exposure to an incredible cross-section of people in unique circumstances.

Talent is Nothing, Perseverance is Everything:

A Profile of Jen Skerritt '00

Jen holds the Paper of pride.

by Sameera Abdulrehman '06

A graduate of Carleton University achieving honours in her Bachelor of Journalism, Jen Skerritt did not have plans to study journalism. In fact, the decision was made the night before the university application deadline as a result of remembering that she had particularly enjoyed English class with Mrs. Greenhill. "I thought I'd give it a try. I wasn't sure what to expect."

While studying in Ottawa, she got her start by taking an internship with the Winnipeg Free Press during her Christmas break in 2003. She was given the task of covering everything and anything related to the holiday season. Through this, she was nicknamed "The Christmas Light Girl" by her coworkers. Her reports were very well received and each of them ended up on the front page. In February 2004, she took another internship covering the Festival du Voyageur.

She remembers her first year at Carleton where on the first day, her class of two hundred students were told to look to their left, and then to their right. Her professor then told them that only half the students in the amphitheatre would remain after the first year was through. She found the lack of independence with her writing, allowed by the University during her first and second years quite frustrating. But with perseverance and dedication, she stuck with it and found her third and fourth years to be interesting and quite a fulfilling experience.

In June 2004, she graduated, returned home to Winnipeg and got right back to work. She freelanced for Uptown and Swerve magazines covering music reviews, local artists, and gay issues respectively. She was hired by Transcontinental Weeklies to cover educational issues for the community papers; however within a few months, was offered her own gossip column in the Winnipeg Free Press. Using her contagious sense of humour, she produces a Friday column and uses crazy captions that she was never allowed to use while in school.

Currently Jen's column "Out There" asks, "Do you have a fabulous fundraiser, charity event, concert or other swinging shindig you would like readers to know about; a brush with fame or titillating gossip?" She's busy day and night catching the chitchat then turning it into an interesting report and sometimes feels married to her job. In addition to her journalistic style of writing, she also has thoughts of writing a book on travel.

Her advice to anyone wanting to study journalism is to develop a thick skin; journalism puts you in front of a very critical audience. An important piece of advice her colleague Gordon Sinclair gave during her internship was, "Talent is nothing. Perseverance is everything."

Organizing the Chaos, all in a Day's Work:

A Profile of Hana Dobrovolny '93

Hana working in the research lab at Duke University.

by Sameera Abdulrehman '06

Currently finishing her graduate degree at Duke University, Hana Dobrovolny joined the BH Family in 1990. She has fond memories of the School, especially the excellent teachers that kept her interested in her studies and to whom she credits having given her the foundation for her future studies.

After graduating from BH in 1993, she accepted a scholarship from the University of Winnipeg. Upon completing her bachelor degree, she moved to the United States to pursue studies in academics and research; hoping her American degree would improve her chances at getting a job in the U.S. She was interested in a research program and chose Duke University, situated in Durham, North Carolina. Due to the very high cost of living in the larger cities; she turned down opportunities to attend Georgia Tech and Brown University. Life at Duke as a graduate student is affordable and enables Hana to pursue extra-curricular activities like figure skating.

During high school, she was most interested in Math, which became one of her majors in university. She pursued her interest in nonlinear dynamics but was not fascinated by the subject until her third year at Duke. She explains that nonlinear dynamics and chaos theory are the same thing. Chaotic systems are systems that appear to behave randomly, but whose behaviour is in fact determined by an equation that is just too complex to solve mathematically.

Hana has maintained her focus through eleven years of university by enjoying what she does and maintaining a positive outlook. Her time at Graduate School has easily been the best time of her life, but it's not for everyone. She says, "If someone has insatiable curiosity and a deep passion about a subject, then they will enjoy graduate school. Anyone who starts graduate school without those qualities does not finish. Six years is a long time to spend studying a subject in which you are not truly interested."

What is the secret to her success? Hana tells us "Don't listen to anyone who tells you something is impossible or too hard. Obstacles are only insurmountable if you think they are."

Hana plans to complete her Ph. D. next year and has applied for a postdoctoral position in Physiology at McGill University, hoping to eventually become a professor at a Canadian university.

Images representing nonlinear dynamics.

From Bikinis & Surf-Short Traditional Cap and Gow

Heather Hrousalas '98 (on the right) in Northern Thailand.

After graduating from Balmoral Hall in 1998, I attended the University of Western Ontario in London, Ontario. I majored in statistics for my first two years and then transferred to The Honours Business Administration Program (HBA) at The Richard Ivey School of Business. While at Ivey, I received an intern scholarship with the Broadcast Advertising Club of Chicago and spent the summer before my final year working for Fox TV Sales and Foote, Colne & Belding Advertising in downtown Chicago.

When I graduated with my HBA (finance major) in the spring of 2002 I just couldn't picture myself as an investment banker. So instead, I spent the summer working as a cook at my family's restaurant and preparing applications for Graduate School. By the end of the summer my hopes were set on one school: The University of Oxford, UK. I knew it was a long shot, but the Said Business School at Oxford offered a fantastic research-based masters degree in management studies. Having begun to entertain the idea of pursuing a career in academia, I was attracted to the program's feature of being the gateway to the business school's doctoral program.

Two days after submitting my application to Oxford, I boarded a plane to Bangkok, Thailand, with a close girlfriend whom I met at Western. Thus began an amazing year of backpacking abroad, with the initial four months spent touring Thailand, Vietnam, Cambodia and Laos. My personal highlight during that time was the motorcycle tour we took through the central highlands of Vietnam. The people living in the remote hill-tribes throughout the area graciously invited us into their homes, and while living as a part of their families I gained a completely new perspective on life.

After celebrating the arrival of 2003, we flew over to Adelaide, Australia. We purchased a 1984 Toyota Corona station wagon, threw an inflatable mattress in the back, strapped our surfboards up top, and proceeded to drive around the entire continent of Australia. We picked up casual work as our bank accounts demanded until I was sidelined after falling from a ten-foot ladder while picking peaches in an orchard outside of Melbourne. I was devastated at the thought of having to cut our trip short, however my spirits raised when I called home to learn that I had been accepted to Oxford and would commence my masters degree that coming October.

The transition from bikini and surf-shorts to Oxford's traditional cap and gown attire (referred to as sub fusc) was very surreal. But it was a highly intensive 10-month program, and I soon found myself knee-deep in academic work. I spent any free time I had on the Thames River rowing for my college's (Templeton) Women's First VIII rowing crew. I also organized termly College Balls as Templeton's Social Secretary. My time in England was filled with so many incredible experiences like attending the Oxford-Cambridge London Boat Race, The Queen's Polo Match, and last but not least, Wimbledon.

I submitted my thesis in August and one month later I was awarded my MSc. in Management Research from The Said Business School, University of Oxford. I also

to Oxford's

received two 'Nautilus Awards of Distinction' from Templeton College, one for outstanding academic achievement and the other for significant contribution to student life. Shortly thereafter, I received even better news: my application to the doctoral program at The Said Business School had been approved and I had been awarded a full scholarship to cover my tuition, college fees and living expenses for the duration of my PhD.

My scholarship is funded by 'The Clifford Chance Centre for the Management of Professional Service Firms' at The Said Business School. The centre is dedicated to matters concerning professional service firms (e.g. firms in accounting, law, investment banking, consulting, etc.), and my research focuses on issues pertaining to the individual professionals working within these firms. For example, some of my work examines the process by which trainee lawyers develop their professional and organizational identities and how this process impacts their individuality and self-concepts.

I currently live in central Oxford and spend most of my days developing my PhD thesis in the hopes of one day becoming a professor. However life in Oxford just wouldn't seem right without making time for the occasional pint of Guinness, a sunrise row on the Thames, or a night out on the town in London. Life has changed dramatically for me since my days at Balmoral Hall, but I remain forever grateful to the School for providing me with endless opportunities, remarkable teachers, and the very special people that still remain my close friends today.

We'd love to Profile You!

Help us make **An Inside Look** a regular feature in *The Portal* by letting us know where life has taken you, or give us a lead on a classmate (we won't say who sent us!)

Aimed at highlighting the many achievements of our alumnae, we look forward to sharing many more stories that will inspire the BH community.

Please contact Courtney Moir '98 in the Alumnae Office at alumnae@balmoralhall.com or (204) 784-1615.

BH in the cities

Head of School & Director of Advancement Visit With Alumnae

(l-r) Fiona Garden '96 and Kalyna Zazelenchuk '96

Federation Gallery Vancouver January 2005

(l-r) Rosemary (Lee) McConnell RLS '42, Frances (Abbott) Gunn RIV '49, Corinne (Anderson) Sawchuk RLS '49, Betty (Foster) Johannsson RLS '39, Eve (Rogers) Auer RLS '37 and Susan (Clifford) Allen RLS '49

(l-r) Crystal Bewza '99, Aynsley Baldwin '99 and Alexis Cloutier '98

(l-r) Heather Owen '89, Robin (Munro) Mingotti '89 and Jill (Munro) Howes '85

(l-r) Dr. Bea (Nichol) MacKay '62 and Tina Alto, Director of Advancement.

(l-r) Vancouver reception host Susan (Harris) Foster '64 with Nancy (Cullver) Laughton '69

St. Michaels University School, Victoria January 2005

(l-r) Dulcie (Ellershaw) Snider RIV '42 and Joan (Macarthur) Lindley RIV '40

Elizabeth Trimmer RLS '32

Janet Russell, Thomas Russell, former Head of School and Claire Sumerlus, current Head of School

London August 2004

Claire Sumerlus, Head of School and Tina Alto, Director of Advancement, toured Benenden School while visiting alumnae in the U.K. during the summer of 2004. Located in Kent, Beneden School was home to several of our Riverbend War Guests.

(l-r) Head of School, Claire Sumerlus, Joy Tredennick RLS '48, Marianne (Burwood) Hollamby RLS '48, Marigold Mann RIV '42 and Tina Alto, Director of Advancement enjoy High Tea while in London.

Young Alums gather for dinner and drinks (left side of table front to back) Heather Dawson '96, Claire Sumerlus, Louise (Nelson) Coyle '93. (right side of table front to back) Tina Alto, Nina Battison '96, Jenny Sumerlus, Talia Hussain '94 and Emily Miller '97.

Senior Four students listen intently and ask great questions to their future university peers.

Back to BH

Real Deal University Spiel

Our most recent Alums return to share their experiences! (l-r) Marisa Campanelli '04, Irene Li '03, Marta Alphonso '04, Sarah Murdoch '04, Katie Reynolds '04 and Carrie Rothwell '03.

Whittney Ramage '05

On October 8, 2004, we attended The Real Deal University Spiel. This is where recent graduates come back to Balmoral Hall School to discuss their university experiences with the graduating class. The girls gave really good tips including talking about residence, courses, taking notes, finding classes, getting books, and socializing. This helped us as we decide whether we want to go away or stay close to home when choosing a university. The day was very informative and the pizza was a plus. The Grade 12 class thanks the graduates for coming and can't wait to see them next year in university!

Erin Palmer '00 is joined by retired teacher Mrs. Condra and Claire Dickson '03.

Home for the Holidays

(l-r) Sara Micflikier '97, Erin Palmer '00, Alana Miller '98 and Ruth (Amsden) Veitch '98 a handful of the "more mature" young alumnae who attended Home for the Holidays.

Once again, Home for the Holidays was a great success. Held in Aikins House this year, alumnae were pleased to be back in this historic home at the heart of our campus. The evening was filled with stories of the past, updates about life these days and thoughts about the future; all the while enjoying a bite and sip of some Holiday Cheer. Congratulations to Christy Kolt '03, winner of the door prize and to the 10 winners of the "Best Friends" key chains. It was great to see so many alumnae from a variety of years as well as the staff and former staff that joined in the fun! We hope to see even more of you next year!

Mrs. Greenhill and Leah Wong '04

(l-r) Chloe Wolstencroft '04, Jen Dyck-Sprout '04, and Sarah Murdoch '04, with Claire Sumerlus, Head of School.

Vanessa Heron '04, Tiffany Sobczak '04 and Nerissa Smith '04.

Donation from Alumna Enriches our Library Collection!

Seen here is Grade 5 Library Prefect Emily Kesselman who says she has already read Lemony Snicket and looks forward to reading the other books now in our library!

Susan Rich '87 is the Executive Editor at HarperCollins Children's Books in Toronto. She began her study of children's literature at McGill University and went on to obtain a Masters Degree in Children's Literature from Simmons College in Boston.

After speaking at Closing Exercises in June 2004, Susan informed us that she would be sending a collection of about 30 books that she has edited and published over the years. Susan's projects include the best-selling *A Series of Unfortunate Events* by Lemony Snicket and The National Book Award-winning *Homeless Bird* by Gloria Whelan.

Thank you Susan for this wonderful donation to Balmoral Hall School!

Gertrude (Amies) Laing, in 1938 with her sons Alan, 1 year and Colin, walking beside her at age 4.

Former Staff Celebrates a Century!

Balmoral Hall School would like to congratulate former Riverbend teacher Mrs. Laing (also known as Miss Amies). She taught French at Riverbend from about 1928 to 1932, and reached her 100th birthday February 13, 2005. After leaving Riverbend, she went on to a distinguished career in Winnipeg and nationally, receiving a series of appointments: Royal Commission on Bilingualism and Biculturalism; Canadian Radio and Television Commission; Western Regional Vice-President for the Canadian Welfare Council; and much more. No matter where she was, she never forgot her Riverbend girls. Her son Colin recalls students turning up years later seeking her out. "She must have been either a very accessible teacher, or perhaps a model of woman's independence."

Gertrude (Amies) Laing today

1930s

Ruth (Taylor) Robson RLS '32

This photo was taken on July 7, 2004 in Portola Valley, California. (l-r) Beatrice Roost, **Ruth (Taylor) Robson '32,** Jennifer Gorrell, and **Ruth (Simonds) Smith RLS '48**. The event was Ruth Robson's 89th birthday. "Just take a look and see how strong those 'Taylor genes' are!!! They are rooted in Winnipeg. If all goes well, I will be sending a 90th birthday photograph! Blessings on all your endeavors."

1960s

Dale (McKee) Holland '63

Dale stopped by BH July 12, 2004 with her daughter. She lives in Fargo and had not been back since Reunion '87. She was a boarder at BH from Grade 7 until Grade 11. She lived in the Red House and had classes in Aikins House. She remembers "bun & milk" fondly and also morning prayers in the Junior Gym. She has been receiving *The Portal* but said, "I now feel, at this point in my life, that it is time to reconnect with my school and get involved in the alumnae." She has fond memories of Miss Murrell-Wright and Nellie Lucas.

1980s

Ashleigh Banfield '85

"It may have taken almost two decades since graduation from BH, but I've finally taken the plunge! I married Howard Gould, of New York City, on July 24, 2004, at The Royal Lake of The Woods Yacht Club, near Kenora, Ontario. He was truly worth the wait! We live in Manhattan, and are planning to have a family right away. We return to Canada often to visit Lake of The Woods in the summer. A big hello to all my former BH colleagues! xoxo"

Ann McDowall '85

"I am the Manager of the Contract Management Department in the Power Planning and Portfolio Management group of the Distribution unit of BC Hydro. I trained as a mechanical engineer and worked in the aerospace industry before getting an MBA, moving to BC and getting into the area of contract management and finance. My department is responsible for the management of the energy purchase agreements under which third parties provide power for use by BC Hydro's domestic consumers. This covers the period from signing the contracts, to the facilities beginning to deliver power and then on for the rest of the contract term which is often over ten years. I have a young son and am now working three days a week."

Marnie Hilland '88 & Angela Hilland '86

On June 20th (Father's Day), Ryan John Hilland Kulbacki surprised mom **Marnie (BH '88)** and dad Anthony Kulbacki (St. Pauls '86) by arriving three and half weeks early. Then, on July 2nd and 10 days late, mom **Angela (BH '86)** and big sister Kiersten (Oct 2000) finally got to meet Brooke Marie Hilland.

1990s

Melissa (Narvas) Joaquin '90

I was reading the latest edition of *The Portal* and was glad to see the addition of baby pictures to the Crestlines section. I'd also like to let everyone know of the new addition to my family. My husband, Jessie, and I welcomed our first child on February 21, 2004. Julian Narvas Joaquin was born in Winnipeg, weighing in at 7 lbs. Being the first grandchild to my mother, he is well loved...and knows it.

Chantal Kreviazuk '91

"I was recently home and saw a Portal magazine. I thought it was so nice to read up on how everyone was doing. I thought perhaps I should send in an update myself, as I have recently multiplied! After nearly 5 wonderful years of marriage, Raine and I are now the proud parents of Rowan Michael K Maida, born on January 16, 2004 in Santa Monica, California. We are also expecting our second child, another boy in June. Rowan already likes to bang on the piano, and is mesmerized when we are playing the guitar or singing. I have started to work on a fourth album which I hope to release in the spring/summer of 2005, and so far it is a bit more moody than anything else I have done. Now that I also write/produce for other performers, I feel the liberty of taking more personal risks in my own recordings. All the best to everyone!"

Kathryn (Young) Santos '91

Kathryn and Carlos Santos welcomed Lucas Leighton Bernardo Santos born September 12, 2003. Here is a picture of Lucas wearing his BH bib.

Emily Miller '97

Emily visited the School in November and spoke about her Fashion business WOLFE LITTLEJOHN as well as how to start a business. The students asked many questions and were quite interested in her line of work.

Kathryn Ball '98
"I finished my Bachelor of Commerce (hons) in May 2003 and worked through the summer as a marketing specialist for GlobalPoint Technologies. In the fall I moved to Edmonton to take the Theatre Production program at Grant MacEwan College, learning every aspect of the behind-the-scenes areas of theatre, from set design to lighting, to stage management and much more."

2000s

Lauren Bachynski '00
"I wanted to thank you again for letting me take a tour of BH earlier this September. It was really nice to see the School again and catch up with some of my old teachers. I have had a very busy term so far this year; I graduated in April with a degree in Commerce and Economics from the University of Manitoba. In September I started my Masters in Architecture, which is a three year program. It has been a busy four years, but I've managed to make the Dean's List, and do some traveling along the way, most recently to New Zealand, Alaska, and the West coast. I hope everyone at Balmoral is doing well, and I hope to come back and visit some time soon."

Simona Ioffe '00

Simona visited the School in October and spoke to Senior students regarding Queen's University as well as leaving Winnipeg to attend other Universities.

Crystal Li '02

Crystal, currently enrolled at the University of Manitoba, modelled for her mother's Chinese gourmet food magazine called *Hotel Yummy*, while visiting Hong Kong.

Carissa Nikkel '02
For the past 5 years Carissa has made it a priority to knock on doors and ask for donations for the Canadian Diabetes Association during their annual Who's at the Door Campaign. Now she is pulling double duty as both a canvasser and a kit captain directing other canvassers. Carissa is now attending the U of W.

Amanda Huminicki '03
On January 5, Amanda was presented with the Pearson Education Book Prize. The prize is awarded by the Introduction to University program. Amanda's paper was called The Thinner the Better: The connection between the media and anorexia nervosa in young women. Her essay was judged the best among the approximately 1,400 research papers submitted in the 41 separate lecture sections of the Introduction to University. For more information visit http://myuminfo.umanitoba.ca/index.asp?too=100&eve=8&sec=2&npa=7535

Claire Dickson '03

Claire came back to BH and spent time in Junior School as part of an assignment at University. She writes, "Well the whole the day went great, I spent time in the Grade 2 and 3 classrooms. First I started with a Kindergarten assembly which was adorable! Throughout the day I learned about different teaching styles and techniques and how each classroom is unique. My paper for school was to summarize the day and explain what I did. We did Science experiments in Grade 2 and poetry in grade 3. I went outside and played with the kids at recess. They were all fantastic and I learned a lot from each teacher. I also now have an idea of what I would like to do in my classroom when I become a teacher.

If you have recently had a baby, let us know! We'll send you a BH baby bib and you can get your baby in the next issue!

Allison Pigden '04 and Vanessa Heron '04

Allison and Vanessa came by BH and caught up with staff and students while back in Winnipeg. They are both attending school at Ryerson and taking courses in the fashion and applied arts fields.

Jennifer Dyck-Sprout '04
"In late August, I arrived in Montreal to begin my studies at McGill University. I would be lying if I said it was easy to adjust. Not only are all labels in French, but I live at the top of a hill and walking is my only mode of transportation. Homesickness quickly set in: I missed the prairies, the small classes at BH, clean (single-sex) bathrooms, going to bed before 2 A.M. and even winter! Luckily, the homesickness quickly passed, although I still hate walking up the hill. Overall, I think BH definitely prepared me for university. I love being away from home. There are so many opportunities to meet new people and try new things, and it makes you appreciate everything that is good about home. Montreal is an amazing city, residence is so much fun and McGill is a great university. Going away for university isn't for everyone but I am glad I took the risk and tried it out; I know I won't regret it."

Editors' Note

Share your Crestlines News!

Attending a new university? Getting married? Having a baby? Traveling? Changing careers? Retiring? Moving? Celebrating a special birthday? Held a mini reunion with some friends?

Tell the BH community what's going on in your life.

Too shy to brag about yourself? Tell us what your former classmates are up to instead!

Please contact Courtney Moir '98 in the Alumnae Office at alumnae@balmoralhall.com or (204) 784-1615.

Peace

Dorothy (Tanner) Carter RLS
Dorothy passed away on July 25, 2004. Born in Winnipeg where she lived most of her life, she attended Victory School and Rupert's Land. During the Second World War, she was a member of the Women's Army Corp and after a short period in Edmonton, returned to Winnipeg where she worked for many years in the hotel industry.

Shelagh (Sutherland) Douglas RIV '47
Shelagh passed away on July 9, 2004. She attended Riverbend from 1934 to 1936 and believed friendship was a gift, and was blessed with many caring friends throughout her life.

Joan (Adamson) Hunt RLS '43
Joan passed away on August 24, 2004. She lived her life in Winnipeg attending Rupert's Land, followed by working at Toronto General Trust. She enjoyed many enduring friendships from her association with the Decadames, Bridge and Tuesday Stitchery groups.

Barbara (South) Polson RIV '41
Barbara passed away peacefully on May 11, 2004. She attended Riverbend where she made many cherished, lasting friendships. After completing high school she went on to graduate from the Winnipeg General Hospital as a Registered Nurse.

Colleen (Baron) Vanleeuwen '70
Colleen passed away on October 2, 2004. Born in Edmonton, Colleen received her education in Winnipeg. She attended Balmoral Hall School and the University of Winnipeg.

Thelma (Dawson) Cole RLS '50
Thelma passed away peacefully on December 4, 2004. She attended Rupert's Land from 1947–1949. She was also a graduate of the Grace General Hospital School of Nursing in 1953 and worked in her chosen profession with amazing compassion.

Balmoral Hall School's 2005 Middle and Senior Production

HOOPLA

a Rock Show for Dreamers

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